



tracy's

{ FOOD FROM THE HEART }

Birmingham



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## HOT LUNCHES

*Delicious fresh vegetables and meats cooked fresh daily.*

|                                                     |      |
|-----------------------------------------------------|------|
| Meat & two vegetables                               | 4.63 |
| Vegetable plate (3 vegetables)                      | 3.70 |
| Extra vegetable                                     | .93  |
| Child's meal                                        | 2.50 |
| Side salad available for substitution for vegetable |      |

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## BURGERS

*One-third pound fresh ground chuck, served on bun with lettuce, tomato, onion, pickles, mustard, ketchup, and chips or fries.*

|                |      |              |      |
|----------------|------|--------------|------|
| Regular burger | 2.50 | Cheeseburger | 2.85 |
|----------------|------|--------------|------|

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## SALADS

*Made fresh daily. Includes drink.*

|                                       |      |
|---------------------------------------|------|
| Chef salad                            | 3.80 |
| Greek salad                           | 3.80 |
| Chicken salad plate                   | 4.85 |
| Tuna salad plate                      | 4.85 |
| Pasta salad plate                     | 4.35 |
| Fresh fruit plate                     | 4.35 |
| Grilled chicken salad plate           | 4.75 |
| Tossed salad (does not include drink) | 1.60 |
| Garden salad (does not include drink) | 2.10 |

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## DELI SANDWICHES

*Served on choice of bread: white, whole wheat, rye, pita.  
Any sandwich can be grilled. All served with chips and pickle.*

|             |      |               |      |
|-------------|------|---------------|------|
| Turkey      | 4.10 | Chicken salad | 3.35 |
| Turkey club | 4.80 | Tuna salad    | 3.35 |
| Veggie      | 3.00 | BLT           | 3.00 |

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## DESSERTS & EXTRAS

|                   |      |                |     |
|-------------------|------|----------------|-----|
| Cosmic Cookies    | .50  | Pie            | .95 |
| Blueberry Muffins | 1.35 | Cake           | .95 |
| Cinnamon Rolls    | .90  | Cobbler        | .95 |
| Banana Nut Bread  | 1.25 | Banana Pudding | .95 |

## SIDES

|                |      |               |      |
|----------------|------|---------------|------|
| Cottage cheese | .95  | Chicken salad | 2.85 |
| Pasta salad    | .95  | Fries         | .95  |
| Fruit cup      | 1.75 | Chips         | .40  |
| Tuna salad     | 2.85 |               |      |

## DRINKS

|               |     |              |     |      |
|---------------|-----|--------------|-----|------|
| Coke          | .65 | Orange Juice | .85 | 1.00 |
| Sprite        | .65 | Tea          | .65 |      |
| Diet Coke     | .65 | Hot Tea      | .65 |      |
| Bottled Water | .89 | Hot Cocoa    | .65 |      |
| Milk          | .65 | Coffee       | .65 | 1.00 |

## BREAKFAST

|                                                 |       |
|-------------------------------------------------|-------|
| 1 egg any style with grits & toast or biscuits  | 1.55  |
| 2 eggs any style with grits & toast or biscuits | 1.95* |
| Hot cakes (stack of 2)                          | 1.65  |
| Hot cakes (stack of 3)                          | 1.90* |
| Hot cakes, Blueberry or Strawberry (stack of 2) | 2.20* |
| Hot cakes, Blueberry or Strawberry (stack of 3) | 2.45* |

### *Breakfast Sandwiches & Biscuits*

|                                |       |
|--------------------------------|-------|
| Egg Sandwich                   | .90   |
| Egg and bacon Sandwich         | 1.75  |
| Egg and sausage Sandwich       | 1.75  |
| Egg and ham Sandwich           | 1.85  |
| Sausage, bacon or ham Sandwich | 1.80  |
| BLT                            | 2.20* |
| Bacon or sausage biscuit       | .75   |
| Ham biscuit                    | .80   |
| Gravy biscuit                  | .85   |

cheese .35 extra; egg .46 extra

### *Breakfast Sides*

|              |       |                       |      |
|--------------|-------|-----------------------|------|
| Hash browns  | .85   | Grits                 | .65  |
| French toast | 2.35* | Toast                 | .70  |
| Sausage      | .95   | 2 Biscuits            | .70  |
| Bacon        | .95   | Bagel                 | .90  |
| Ham          | 1.00  | Bagel w/ cream cheese | 1.25 |
| Gravy        | .45   | Cinnamon raisin toast | .75  |

\* Served with free coffee. Breakfast hours: 7:00 am - 10:00 am



## Daily Hot Lunch Specials

### MONDAY

Meat loaf  
Baked chicken  
Chicken Fingers  
Lasagna  
Hamburger steak  
Macaroni & cheese  
Green beans  
Cream potatoes  
Stewed tomatoes  
Stewed apples  
Buttered carrots  
Greens  
Squash casserole  
Blackeyed peas  
Corn  
Fried okra  
Gravy

### TUESDAY

Marinated chicken  
Turkey & dressing  
Catfish Nuggets  
Roast beef  
Hamburger steak  
Macaroni & cheese  
Green beans  
Cream potatoes  
Stewed tomatoes  
Stewed apples  
Buttered carrots  
Corn  
Greens  
Pinto beans  
Broccoli casserole  
Fried green tomatoes  
Gravy

### WEDNESDAY

Chicken 'n dumplins  
Country fried steak  
Chicken stir fry  
Hamburger steak  
Macaroni & cheese  
Green beans  
Cream potatoes  
Stewed tomatoes  
Stewed apples  
Buttered carrots  
Squash casserole  
Corn  
Large limas  
Greens  
Fried okra  
Gravy

### THURSDAY

Baked chicken  
• Beef tips/rice  
Turkey divan  
Hamburger steak  
Macaroni & cheese  
Green beans  
Cream potatoes  
Stewed tomatoes  
Stewed apples  
Buttered carrots  
Greens  
Broccoli casserole  
Blackeyed peas  
Corn  
Fried green tomatoes  
Gravy

### FRIDAY

Fried fish  
Liver  
Fried chicken  
Hamburger steak  
Macaroni & cheese  
Green beans  
Cream potatoes  
Stewed tomatoes  
Stewed apples  
Buttered carrots  
Greens  
Squash casserole  
Pinto beans  
Corn  
Fried okra  
Gravy

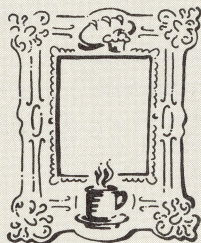
*Fresh Peach Cobbler Served Daily*  
ask about our soup of the day

*Ask Jimmy about tracy's wonderful catering.*

{ FOOD FROM THE HEART }

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